

# Chicken Broccoli Alfredo

**Makes:** 5 servings

Broccoli brings brightness to this recipe, while the [Basic Soup and Sauce Mix](#) gives this recipe a rich and creamy flavor.

## Ingredients

**8 ounces** fettuccine noodles  
**1 cup** broccoli, fresh or frozen  
**16 ounces** chicken breast, boneless  
**2 tablespoons** butter  
**1 servings** [Basic Soup and Sauce Mix](#)  
**1 1/4 cups** water  
**1/2 cup** milk, non-fat  
**1/2 cup** Parmesan cheese (grated)  
**1/4 teaspoon** pepper (optional)

## Directions

1. Cook fettuccine according to package directions. Add broccoli for the last 4 minutes of cooking time. Drain.
2. Heat butter in skillet. Add chicken and cook until browned, stirring often.
3. Combine sauce mix and water in saucepan. Bring to a boil and cook until thick. Add milk, cheese, pepper and fettuccine mixture and heat through.
4. Serve with additional Parmesan cheese.

## Notes





Recipe for [Basic Sauce Mix](#). 1 serving = 1/3 cup.

### Nutrition Information

Nutrients	Amount
<b>Calories</b>	<b>385</b>
<b>Total Fat</b>	<b>10 g</b>
Saturated Fat	5 g
Cholesterol	77 mg
<b>Sodium</b>	<b>339 mg</b>
<b>Total Carbohydrate</b>	<b>39 g</b>
Dietary Fiber	2 g
Total Sugars	4 g
Added Sugars included	0 g
<b>Protein</b>	<b>32 g</b>
Vitamin D	1 IU
Calcium	186 mg
Iron	2 mg
Potassium	369 mg

N/A - data is not available

### MyPlate Food Groups

	Vegetables	1/4 cup
	Grains	1 1/2 ounces
	Protein Foods	2 1/2 ounces
	Dairy	1/2 cup

